

Prep Time**15 minutes**

Soak Time 5-10 minutes

Bake Time 35-45 minutes

Cool Time 15 minutes minimum

Total Time Approximately 1 hour 10 minutes to 1 hour 25 minutes

Intensity Low to Moderate — mostly mixing and grating; no special technique required

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Ingredients

- 2 cups (200 g) rolled oats — pulsed in a blender or food processor until coarse flour consistency
- 1 teaspoon baking powder

- 1 cup (240 ml) milk — dairy or unsweetened plant-based (almond or oat work well)
- 1 medium carrot, finely grated
- 1 medium apple, finely grated or chopped (adds moisture and natural sweetness)
- 9 dried apricots, rinsed with hot water and chopped into bite-sized pieces
- 4 tablespoons raisins, rinsed with hot water
- Optional: 1 teaspoon cinnamon or vanilla extract for aroma

Equipment: Small round cake tin (6–7 inches), parchment paper or a small amount of coconut oil for greasing, blender or food processor, large mixing bowl.

Instructions

Step 1: Prepare the Oven and Pan

Preheat your oven to 180°C (350°F). Line a small round cake tin (about 6 or 7 inches) with parchment paper or lightly grease it with a tiny bit of coconut oil to ensure the cake releases cleanly .

Intensity note: Low. This is passive setup while the oven heats.

Step 2: Process the Oats

Place the 2 cups of rolled oats into a blender or food processor. Pulse until the oats resemble a coarse flour. Do not over-process — a little texture is desirable in this cake. Transfer the oat flour to a large mixing bowl and stir in the baking powder .

Intensity note: Moderate. Pulsing oats takes only a minute or two, but stop before it turns into a fine powder.

Step 3: Hydrate the Oats

Pour the milk into the bowl with the oat mixture. Stir well and let it sit for 5 to 10 minutes. This resting period allows the oats to absorb the liquid, which is critical for a moist cake that does not crumble .

Intensity note: Low. Completely passive.

Step 4: Prepare the Fruit and Vegetable

While the oats soak, grate the carrot and apple. If the apple is very juicy, lightly squeeze out some excess liquid so the cake does not become mushy. Chop the rinsed dried apricots .

Intensity note: Moderate. Grating requires some hand effort, but it is brief.

Step 5: Combine Everything

Add the grated carrot, grated apple, chopped apricots, and raisins to the oat mixture. Stir until everything is evenly distributed. The batter should be thick and chunky — this is expected . If using cinnamon or vanilla, stir it in now.

Intensity note: Low. A straightforward fold-and-mix step.

Step 6: Bake

Pour the batter into the prepared tin and smooth the top with a spoon. Bake for 35 to 45 minutes. The cake is done when the top feels firm to the touch and a toothpick inserted into the center comes out clean .

Intensity note: Low. Passive baking time.

Step 7: Cool and Serve

Allow the cake to cool in the tin for at least 15 minutes before removing it. This step is important: flourless cakes need time to set as they cool, and cutting too early will cause crumbling . Slice and serve warm or at room temperature.

Storage: Because this cake is moist and contains fresh fruit and vegetables, store leftovers in an airtight container in the refrigerator for up to 4 days .

Nutrition (Estimated Per Slice)

Yield: 8 slices

The following is an estimate based on the ingredients listed, accounting for natural sugars from fruit and milk. Exact values will vary by brand and portion size.

Nutrient	Amount per slice (approximate)
Calories	165-180 kcal
Total Fat	6-7 g
Saturated Fat	1-2 g
Carbohydrates	22-26 g
Dietary Fiber	4-5 g
Total Sugars	8-10 g (natural, from apple, apricots, raisins, milk)

Nutrient	Amount per slice (approximate)
Protein	5-6 g
Sodium	~100-110 mg